



# Catholic Prayer and Practice Booklet

St. Peter  
Cathedral School







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**Sign of the Cross**

In the name of the Father, and of  
the Son, and of the Holy Spirit,  
Amen.

**Our Father**

Our Father, Who art in heaven,  
Hallowed be Thy Name.  
Thy Kingdom come.  
Thy Will be done, on earth as it is  
in Heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass  
against us.  
And lead us not into temptation,  
but deliver us from evil.  
Amen.

**Hail Mary**

Hail Mary,  
Full of Grace,  
The Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit  
of thy womb, Jesus.  
Holy Mary,  
Mother of God,  
pray for us sinners now,  
and at the hour of death.  
Amen.

**Glory Be**

Glory be to the Father,  
and to the Son,  
and to the Holy Spirit.  
As it was in the beginning,  
is now, and ever shall be,  
world without end. Amen.

**Prayer before meals**

Bless us, O Lord,  
and these Your gifts,  
which we are about to receive  
from Your bounty,  
through Christ our Lord.  
Amen.

**Prayer to your Guardian Angel**

Angel of God, my guardian dear,  
To whom God's love commits me  
here,  
Ever this day, be at my side,  
To light and guard, to rule and  
guide.  
Amen.

**Prayer after meals**

We give You thanks for all Your  
benefits Almighty God, who  
lives and reigns forever.  
May the souls of the faithful de-  
parted through the mercy of  
God rest in peace.  
Amen.

### **Act of Contrition**

O my God,  
I am heartily sorry for  
having offended You,  
and I detest all my sins,  
because of Your just punishment;  
but most of all because  
they offend You, my God,  
Who are all good and  
deserving of all my love.  
I firmly resolve,  
with the help of Your grace  
to sin no more  
And to avoid the near occasion of sin.  
Amen.



### **The Apostle's Creed**

I believe in God the Father  
Almighty,  
Creator of Heaven and earth;  
I believe in Jesus Christ,  
His only Son, our Lord,  
He was conceived by the Holy  
Spirit and born of the Virgin  
Mary.  
He suffered under Pontius  
Pilate,  
was crucified, died, and was  
buried.  
He descended to the dead.

On the third day He rose again.  
He ascended into Heaven and  
is seated at the right hand of  
the Father.  
He will come again to judge the  
living and the dead.  
I believe in the Holy Spirit,  
the Holy Catholic Church,  
the communion of Saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.  
Amen.

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### **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of thy Faithful;  
and enkindle in them the fire of Thy love.  
Send forth Thy Spirit and they shall be created,  
and thou shall renew the face of the earth.  
Let us pray. O God, Who did instruct  
the hearts of the faithful by the light of the Holy Spirit, grant us in the  
same Spirit to be truly wise,  
and ever to rejoice in His consolation.  
Through Christ our Lord.  
Amen.

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### **Gifts of the Holy Spirit**

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Wisdom	Understanding	Right judgment (Counsel)
Courage (Fortitude)	Knowledge	Reverence (Piety)
Wonder and Awe (Fear of the Lord)		

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### **The Angelus**

The Angel of the Lord declared to Mary:  
And she conceived of the Holy Spirit.  
Hail Mary...

Behold the handmaid of the Lord: Be it done unto me according to Thy  
word.

Hail Mary . . .

And the Word was made Flesh: And dwelt among us.

Hail Mary . . .

Pray for us, O Holy Mother of God, that we may be made worthy of the  
promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that  
we, to whom the incarnation of Christ, Thy Son, was made known by  
the message of an angel, may by His Passion and Cross be brought to  
the glory of His Resurrection, through the same Christ Our Lord.

Amen.

## **The Mysteries of the Rosary**

### THE JOYFUL MYSTERIES

(Mondays and Saturdays, may be said on Sundays during Advent and Christmas):

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple

### THE SORROWFUL MYSTERIES

(Tuesdays and Fridays, may be said on Sundays during Lent ):

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

### THE GLORIOUS MYSTERIES

(Wednesdays and Sundays):

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of the Blessed Virgin Mary
5. The Coronation of the Blessed Virgin Mary

### THE LUMINOUS MYSTERIES

(Thursdays):

1. The Baptism in the Jordan
2. The Wedding at Cana
3. Proclamation of the Kingdom
4. The Transfiguration
5. Institution of the Eucharist



### **Hail Holy Queen**

Hail, holy Queen,  
Mother of mercy,  
our life, our sweetness and our hope.  
To thee do we cry,  
poor banished children of Eve:  
to thee do we send up our sighs,  
mourning and weeping in this valley of  
tears.  
Turn then,  
most gracious advocate,  
thine eyes of mercy toward us,  
and after this our exile,  
show unto us the blessed fruit of thy  
womb, Jesus,  
O clement, O loving,  
O sweet Virgin Mary!  
Amen.



### **Memorare**

Remember, O most gracious Virgin Mary,  
that never was it known  
that any one who fled to thy protection,  
implored thy help,  
and sought thy intercession,  
was left unaided.  
Inspired with this confidence,  
I fly unto thee,  
O Virgin of virgins, my Mother,  
to thee I come,  
before thee I stand sinful and sorrowful.  
O Mother of the Word Incarnate!  
despise not my petitions,  
but, in thy mercy, hear and answer me.  
Amen.

### **Confiteor**

I confess to almighty God,  
and to you, my brothers and sisters,  
that I have sinned through my own fault,  
in my thoughts and in my words,  
in what I have done, and in what I have failed to do;  
and I ask blessed Mary, ever virgin,  
all the angels and saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.  
Amen.

### **Glory to God in the Highest**

Glory to God in the highest,  
and peace to His people on earth.  
Lord God, heavenly King,  
Almighty God and Father,  
we worship You, we give You thanks,  
we praise You for Your glory.  
Lord Jesus Christ,  
only Son of the Father,  
Lord God, Lamb of God,  
You take away the sin of the world:  
have mercy on us;  
You are seated at the right hand of the  
Father:  
receive our prayer.  
For You alone are the Holy One,  
You alone are the Lord,  
You alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of the Father.  
Amen.



**Nicene Creed**

We believe in God, the Father, the Almighty,  
maker of heaven and earth,  
and all that is seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God, eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made, one in Being with the Father.  
Through him all things were made.

For us men and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he was born of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate;  
he suffered, died, and was buried.

On the third day he rose again  
in fulfillment of the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.

He will come again in glory  
to judge the living and the dead,  
and His kingdom will have no end.

We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son.

With the Father and the Son  
he is worshipped and glorified.

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,  
and the life of the world to come.

Amen.



### **Holy, Holy**

Holy, Holy, Holy, Lord,  
God of power and might,  
heaven and earth are full of your glory,  
Hosanna in the highest.  
Blessed is He who comes in the name of the Lord,  
Hosanna in the highest.



### **Prayer after Communion**

Lord Jesus Christ,  
Son of the living God,  
by the will of the Father  
and the work of the Holy Spirit,  
Your death brought life to the world.  
by your Holy Body and Blood,  
free me from every sin and every evil,  
keep me faithful to your teachings,  
and never let me be parted from you.  
Amen.

### **The Morning Offering**

O Jesus, through the Immaculate  
Heart of Mary,  
I offer you all my prayers, works,  
joys,  
and suffering of this day:  
for all the intentions of your Sacred  
Heart,  
in union with the holy sacrifice of  
the Mass throughout the world,  
in reparation for all my sins,  
for the intentions of all our  
associates,  
and for \_\_\_\_\_.  
Amen.

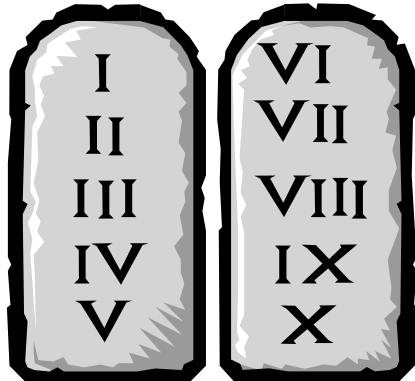
### **Nighttime Prayer**

Protect us, Lord, as we stay  
awake.  
Watch over us as we sleep;  
that awake we may keep  
watch with Christ  
and asleep rest in His peace,  
Amen.



## 10 Commandments

1. I am the Lord your God; you shall not have strange gods before Me.
2. You shall not take the Name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



## The Great Commandment

You shall love the Lord your God  
with your whole heart,  
and with your whole soul,  
and with all your mind.

This is the greatest and the first commandment.

And the second is like it:  
you shall love your neighbor as yourself.

## Beatitudes

Blessed are the poor in spirit,  
for theirs is the Kingdom of Heaven.

Blessed are the meek,  
for they shall possess the earth.

Blessed are they who mourn,  
for they shall be comforted.

Blessed are they who hunger and thirst for  
justice,  
for they shall be satisfied.

Blessed are the merciful,  
for they shall obtain mercy.

Blessed are the clean of heart,  
for they shall see God.

Blessed are the peacemakers,  
for they shall be called children of God.

Blessed are they who suffer persecution for justice' sake,  
for theirs is the Kingdom of Heaven.

Blessed are you when men reproach you,  
and persecute you, and speaking falsely,  
say all manner of evil against you, for my sake.



## Theological Virtues

Faith

Hope

Love

## Cardinal (Moral) Virtues

Prudence

Justice

Fortitude

Temperance

## 7 Sacraments of the Catholic Church

Baptism

Eucharist

Confirmation

Reconciliation

Anointing of the Sick

Holy Orders

Matrimony

### **Holy Days of Obligation**

Mary, Mother of God, - January 1

The Ascension of Jesus - 40 days after Easter

The Assumption of Mary - August 15

All Saints Day - November 1

The Immaculate Conception - December 8

Christmas - December 25

### **Corporal Works of Mercy**

Feed the hungry.

Give drink to the thirsty.

Clothe the naked.

Visit those in prison.

Shelter the homeless.

Visit the sick.

Bury the dead.



### **Spiritual Works of Mercy**

Counsel the doubtful.

Instruct the ignorant.

Admonish the sinner.

Comfort the sorrowing.

Forgive injuries.

Bear wrongs patiently.

Pray for the living and the dead.



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